

Crispy chickpeas

These chickpeas are full of crunch and flavour. Get creative with the spices you use and enjoy the many variations of this tasty snack.



Vegetarian



PREP TIME
15 min



COOK TIME
45 min



SERVINGS
2 cups

Ingredients

- 1 can (540 mL/19 fl oz) no salt added chickpeas, drained and rinsed
- 2 mL (½ tsp) dried thyme
- 2 mL (½ tsp) fresh ground pepper
- 15 mL (1 tbsp) canola oil

Directions

1. Preheat oven to 180°C (350°F).
2. Drain chickpeas in a colander and rinse well under running water.
3. Spread the chickpeas onto one end of a clean towel. Fold the other side of the towel over the chickpeas and gently roll them in between the two ends to dry. As you dry them, some of the skins will come off. Peel as many of the skins as possible and continue to pat dry. The drier the chickpeas are, the more they will crisp up when baking.
4. Toss the dried chickpeas in canola oil and then spread them out evenly on a rimmed baking sheet.
5. Bake for 25 minutes. Remove the pan from the oven. At this point you can add the seasonings, thyme and ground pepper (or any other spices you like). Flip the chickpeas in order to ensure they are well coated and so that they become evenly browned. Place back in the oven.
6. Bake the chickpeas for another 15–20 minutes or until they are golden brown and crispy.
7. Remove the pan from the oven and let them cool. Chickpeas will continue to crisp up as they cool. Note that the chickpeas are best eaten that day to maintain their crispiness.

Tips

- ✓ These chickpeas make a **great snack on their own** but they can also be added on top of salads or stir-fries for extra flavour and fun.
- ✓ This recipe is a great one to **get kids involved**. They can help prepare the chickpeas for baking by peeling them and patting them dry.
- ✓ Try these other spice combinations:
 - **Spicy garlic:** ½ tsp cayenne pepper and ½ tsp garlic powder
 - **Curry:** 1 tsp curry powder and ¼ tsp salt
 - **Maple cinnamon:** ½ tsp maple syrup and ¾ tsp ground cinnamon



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